

FREE

PEER-LED WORKOUTS FOR MEN



EVANSTON BOOT CAMP WORKOUTS

WED 6:00AM — THE PATRIOT

INDEPENDENCE PARK, 2001 CENTRAL STREET, EVANSTON

FRI 6:00AM — THE CROWN

ROBERT CROWN, 1801 MAIN STREET, EVANSTON

RUN OR RUCK WORKOUTS

TUE 6:00AM — THE WEEKLY GRIND

BROTHERS K, 500 MAIN STREET, EVANSTON

THUR 6:00AM — THE OTB

CHECK SLACK CHANNEL FOR WEEKLY LOCATION

SAT 7:00AM — THE NOMAD

CHECK SLACK CHANNEL FOR WEEKLY LOCATION

SUN 7:00AM — THE COMMODORE

HUBBARD WOODS, 939 GREEN BAY ROAD, WINNETKA

F3 HOLDS ALL WORKOUTS
OUTDOORS, YEAR-ROUND.



OPEN TO ALL MEN OF ALL
FITNESS LEVELS.

WWW.F3CHICAGO.COM